RUTABAGA & **TURNIP**



WWW.COMMUNITYALLIANCE.EXTENSION.COLOSTATE.EDU

RUTABAG



NCE.EXTENSION.COLOSTATE.EDU WWW.COMMUNIT

GROWING



Rutabagas and turnips are root vegetables. Rutabagas are a cross between a turnip and a wild cabbage. They are both cool weather crops that are grown in the northern parts of the United States. They can be purple, white or vellow in color.

SELECTING



When selecting, choose rutabagas that are medium sized, or ~3 to 5 inches in diameter. Choose turnips that are smaller in size, or ~1 to 3 inches in diameter. They should be firm, free of damage from pests or rot and not shriveled.

STORING



Rutabagas and turnips should be st between 32 and 35 degrees F. If the in warmer areas - or for long per they will become bitter.

BODY



Naturally, rutabagas ag ins are fat- and cholesterol-free. They are ietary fiber and Vitamin C. Vitamin C helps ody to make collagen, blood v air, fing ails and skin. among other things. vegetables. uld concesses least 2-3 cups of A healthy die vegetables

KITCHEN



COMMUNITY

is and to staste like a mixture of a to and care old, are ed incor ly or are too large they can be They e baked, boiled, roasted, pre ven eaten raw.

Colorado State University Extension



ag and turnips are root vegetables. are a cross between a turnip and a wild bage. They are both cool weather s that are grown in the northern parts of United States, They can be purple, white or yellow in color.

SELECTING



When selecting, choose rutabagas that are medium sized, or ~3 to 5 inches in diameter. Choose turnips that are smaller in size, or ~1 to 3 inches in diameter. They should be firm, free of damage from pests or rot and not shriveled.

STORING



Rutabagas and turnips should be stored between 32 and 35 degrees F. If they are stored in warmer areas - or for long periods of time they will become bitter.

BODY



Naturally, rutabagas and turnips are fat- and cholesterol-free. They are high in dietary fiber and Vitamin C. Vitamin C helps the body to make collagen, blood vessels, hair, fingernails and skin, among other things. These are both vegetables. A healthy diet should contain at least 2-3 cups of vegetables per day.

KITCHEN



Rutabagas and turnips taste like a mixture of a potato and carrot. If they are old, are cooked incorrectly or are too large they can be bitter. They can be baked, boiled, roasted, preserved or even eaten raw.





RUTABAGA & TURNIP

DID YOU KNOW?
RUTABAGAS AND TURNIPS WERE TRADITIONALLY GROWN
FOR BOTH HUMANS AND ANIMALS TO EAT.

RUTABAGA & TURN

RUTABAGAS AND TURNIPY RADITIONALLY GROWN
FOR BOTH HUMA AND IMALS TO EAT.

EVERYDAY RECIPES

Straight from the Field Ingredients

Turnips or rutabagas

Salt

Desired seasoning

Directions

- Wash rutabagas or turnips with lukewarm water and scrub brush.
- 2. Cut off green tops.
- 3. Chop small turnips or medium sized rutabagas into % to % inch slices.
- Add salt or desired seasoning and eat raw or add to the top of a salad.



Easy Microwaved Turnips and Rutabagas Ingredients

Turnips or rutabagas

Desired seasonings

Directions

- Wash rutabagas and turnips with lukew unning water and a scrub brush.
- Cut off green tops.
- 3. Chop small turnips or median sized gas into quarters.
- 4. Microwave on high for -6 runtil tender, in a vented microwave safe er. If a do not allow the steam to escape the turnips or gas will become bitter.
- 4. Add salt or deg easoning, enjoy!



EVERYPAY NECIPES

Straight from the Fi

Ingredie

Turnips rul s

Salt

Desired s. ng

ire de

- asi utabagas or turnips with lukewarm water and
- 2. Cut off green tops.
- hop small turnips or medium sized rutabagas into ¼ to ½ unch slices.
- 74. Add salt or desired seasoning and eat raw or add to the top of a salad.



Easy Microwaved Turnips and Rutabagas Ingredients

Turnips or rutabagas

Desired seasonings

Directions

- Wash rutabagas and turnips with lukewarm running water and a scrub brush.
- 2. Cut off green tops.
- Chop small turnips or medium sized rutabagas into quarters.
- 4. Microwave on high for 4-6 minutes, or until tender, in a vented microwave safe container. If you do not allow the steam to escape the turnips or rutabagas will become bitter.
- 4. Add salt or desired seasoning. Enjoy!

